

Exercises

Morden Services for Seniors is bringing you at home stretches and exercises put together to help you during this time of isolation. You need any assistance please reach out to us at 204-822-5663 and we will connect you with the creator of these workouts: Phoenix McElroy-Scott, Kinesiologist!

Notes: Stop if experiencing pain. Complete 3 sets of 10 repetitions of each exercise (except seated arm paddle)

Active Trunk Rotation



- Sit Tall
- Cross your arms on your chest
- Slowly twist your trunk to one side
- Slowly return to a neutral position and repeat on the other side

2. Hip Strengthening, 3 Ways



- Stand straight, using the wall/chair for balance as needed
- First, lift your leg out in front of you with your toes flexed, keeping your upper body upright
- Next, bring your leg out straight beside you keeping your toes pointed forward
- Finally, bring your leg out straight behind you, going as far as you can, using only your leg and without bending your trunk
- The key is: keeping your upper body straight and not moving throughout all 3 directions

3. Straight Leg raise w/ Adduction/Abduction



- Sit on a chair and lift the leg up with the knee straight
- Once in the top position, move the leg left and right to adduct and abduct the hip then lower the leg.
- Repeat

4. Seated Hip Flexion



- Sit on a straight chair with your back in neutral position (slightly arched)
- Keeping your knee bent, lift your knee up towards your chest. Do not roll your pelvis backwards as you lift
- Lower and repeat

Exercises

5. Partial Squat



- Stand in front of a counter and hold onto the counter top (or chair back, sturdy surface)
- While maintaining your back straight and your hips above the level of your knees, slowly lower your body into a semi-squat position without leaning forward and keeping your heels in contact with the ground at all times
- Return to standing position slowly
- If feeling unsteady, use counter top or back of chair to assist

6. Sit to Stand



- Sit on a chair that has been placed against a wall to prevent slipping
- Interlace your fingers and reach forward with your arms
- With your feet slightly apart and your hips at the edge of the seat, lift your hips up from the seat to stand
- Slowly return to sitting

7. Shoulder Flexion to Abduction



- Stand with your chin tucked in and a weight in both hands (can use water bottle, soup can, etc.)
- Lift your arms forward to 90 degrees thumbs facing up. Open your arms to the side, turn your hands (palms facing down) and slowly lower to the initial position

8. Wall Push-Ups



- Stand about 12 to 18 inches away from a wall while facing it and place your hands on the wall at shoulder level.
- Keeping your shoulders down and back, gradually bend your elbows to bring your face and forearms to the wall
- Push yourself away from the wall and return to initial position

Exercises

9. Sit-up On Chair



- Sit down on a stable chair with your arms crossed over your chest and your hands on your shoulders
- Actively contract the abdominals and lean back, until it becomes hard to hold the position. Then get back upright.

10. Seated Arm Paddle



- Sit tall on the edge of your seat with your feet flat on the floor
 - Lean your upper body forward (approximately 30 degrees) with a neutral spine
 - Raise both arms in front of your body and alternately raise and lower them as if you were paddling. Start slow and increase the speed while maintaining a seated posture and a neutral spinal position.
 - Continue alternating arms for 30 seconds at a time
-